

## **MULTI-SERVICE SENIOR CENTER**

40086 Paseo Padre Pkwy Fremont CA 94538 www.fremont.gov/ourcommunity/seniorcenter

Menu Information: 790-6610

Office: 790-6600



Vegetarian Option Available by prior arrangement with Chef Please speak to the Chef before 10:00 am for special dietary needs.

To Go Tickets Must Be Deposited At The Large Kitchen Window Immediately After Purchase Early Birds must be called in by 11:30 am

LUNCH: 12:00 NOON
Members: \$5.00
Non Members: \$7.00
TICKETS SOLD
FIRST-COME, FIRST SERVED

FIRST-COME, FIRST SERVED NO REFUNDS, NO EXCHANGES

Frozen Meals When Available: M, T, Th, F- 9:30-10:30 am,1-2 pm M, T, Th & F – 3/ \$5 Regular 3/ \$6 Special All Ages Welcome!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast is served  Monday - Friday  8 - 9:30 am  Call to confirm				1 Beef Enchiladas, Black Beans, Spanish Rice, Roasted Squash & Onions, Salad & Dessert
<b>4</b> Meatloaf, Gravy, Mashed Yams, Vegetables, Salad, Bread & Dessert	<b>5</b> Pork Chop, Apple Chutney, Bacon & Cheese Bread Pudding, Sautéed Collard Green, Salad, Bread & Dessert	6 \$6 & \$8 Teriyaki Chicken, Crab Fried Rice, Steamed Sesame Broccoli, Asian Coleslaw, Bread & Dessert	7 Housemade Beef Pot Pie, Honey-Butter Cornbread, Spinach Salad & Dessert	Roasted Turkey, Mashed Potatoes & Gravy, Vegetables, Green Salad, Bread & Dessert
11 Roasted Pork Ribs w/BBQ Sauce, Baked Beans, Steamed Carrots & Corn, Coleslaw, Pretzel Roll & Dessert	Korean Beef, Steamed Rice, Pickled Cucumbers & Red Onions, Macaroni Salad, Bread & Dessert	13 Roasted Chicken w/Balsamic Reduction, Braised Lentils, Vegetables, Arugula Salad, Bread & Dessert	14 \$6 & \$8  Pan Seared Salmon, Pineapple Salsa, Steamed Rice, Roasted Pearl Onions & Broccoli, Salad, Bread & Dessert	Spaghetti with Turkey Meatballs, Garlic Bread, Vegetables, Salad & Dessert
18 Seared Flank Steak Chimichurri (Green Sauce), Spanish Rice, Black Beans, Roasted Bell Peppers, Salad & Dessert	19 \$6 & \$8  Potato Crusted Mahi-Mahi, Penne Pasta with White Wine-Caper Sauce, Roasted Cherry Tomatoes & Pearl Onions, Fressee Green Salad, Garlic Bread & Dessert	Lamb Stew, Salad ,Honey-Butter Cornbread & Dessert NOTE: This lunch served in Wing A due to Volunteer Event in Dining Room - 60 tickets avail.	21 Happy Birthday Morrie Taco Salad Dessert NO To-Go's Today	22 Stuffed Bell Peppers, Vegetables, Caesar Salad, Bread & Dessert
25 \$6 & \$8 Braised Lamb Shanks & Gravy, Couscous, Vegetables, Salad, Bread & Dessert	26 Roasted Tri-Tip, Potato Gratin, Roasted Cauliflower, Salad, Bread & Dessert	Pan Seared Snapper, Beurre Blanc (White Butter Sauce), Rice Pilaf, Roasted Squash, Bread, Arcadean Green Salad, Dessert	28 Pork Loin, Macaroni & Cheese, Roasted Beets, Salad, Bread & Dessert	Chicken Lasagna, Sauteed Fennel & Bell Peppers, Garlic Bread, Caesar Salad & Dessert

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS. Please Note: If you take food home with you from the meal site, it is done at your own risk. Be sure to eat food or refrigerate it within 30 minutes of leaving the site. Reheat in a 350 degree oven until bubbly for 5 minutes. Discard any food left after 3 days.